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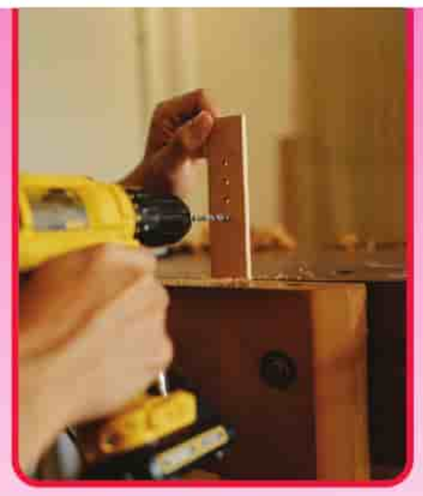

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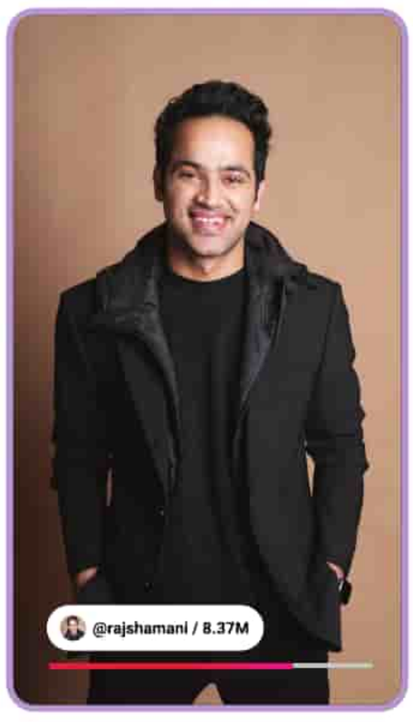

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PERIOD PAIN

Study finds lack of knowledge, sanitation barriers and cultural taboos still plague menstrual hygiene management in city

PAGE 2

SPACED OUT

Complaints go unheard, inspections delayed, while thousands stay in cramped, unchecked paying guest accommodations

PAGE 6

BBMP yet to start process of issuing gloves to civic workers this year, so they are forced to collect or segregate garbage with their bare hands; promised jumbo bags too remain distant dream

BARE NECESSITIES

Too much to ask for? New gloves, masks, brooms every year

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) officials don't hesitate to label pourakarmikas as frontline workers when it comes to keeping the city clean and also during the lockdown. However, officials have no concern about the dangers pourakarmikas are exposed to while doing their duty. If they had any concern, surely the sight of workers clearing garbage dumped or accumulated on the roads in the city without gloves on would not have been as common as it is today.

A majority of pourakarmikas, especially those engaged on a contract basis to collect garbage from the doorsteps, work without wearing hand gloves. Most of them cannot demand that the authorities provide hand gloves every year. They have no other option than either to buy gloves on their own or clear garbage bare hands.

"I have not received either a mask or gloves for more than two years. The BBMP officials did provide us with masks and gloves during the lockdown. Now, I am finding it tough to clear garbage without wearing gloves. I urge the BBMP to make sure we are given gloves without any delay," said a pourakarmika on the condition of anonymity.

The people engaged to collect garbage from door to door are the worst affected as they work under the garbage contractor. "The contractor had promised to give us gum boots and gloves two years ago but we are yet to receive any of those. Our health is at risk while segregating garbage or clearing waste on the road without wearing gloves," said a worker engaged to collect garbage from door to door.

> **"The gloves supplied by the BBMP are either too big or too small in size. It would be more useful if the BBMP sanctioned money to pourakarmikas to buy gloves on their own**
>
> —Nirmala, BBMP Pourakarmikara Sangha

The BBMP had decided to

CONTINUED ON PAGE 4 >>

Stop vape

Police crack down on shops selling banned e-cigarettes to minors, seize contraband

Atiya Firdos
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TWEETS @BangaloreMIRROR

Amid growing concerns over the rising use of e-cigarettes and vapes among students in Bengaluru, police have intensified their crackdown on illegal vape sales.

A recent complaint filed at Cubbon Park Police Station has once again brought the issue into the spotlight, revealing how easily minors are gaining access to these banned products.

The complaint was filed by the father of a 14-year-old girl, who was found using an e-cigarette on May 15. Upon being questioned, the minor disclosed that she had purchased the vape device in March from a store named Smoke Hub on Church Street. Alarmed by the sale of a prohibited item to a minor, the parent approached the police demanding swift legal action.

This incident is part of a larger problem that has been festering across the city. Acting on intelligence gathered from the complaint, the Central Crime Branch (CCB) and Bengaluru City Police carried out coordinated raids on May 23 at several outlets including Smoke Hub, Vape Forest, Cloud Vape, and E-Cigarette Zone.

During the operation, enforcement teams seized a total of 201 e-cigarettes, 297 vape refills, and six vape devices, collectively valued at ₹70,000. All confiscated

CONTINUED ON PAGE 9 >>

THINGS TO DO

01 Tea calligraphy

Experience a 120-minute tea and calligraphy workshop that blends two slow-living rituals — mindful tea appreciation and creative modern calligraphy. Designed to help participants pause, create, and connect through sensory experiences. **Where: Freedom Tree Design Studio, Indiranagar; When: June 8, 3.00 pm**

02 Desi delights

The Ritz-Carlton is organising 'The Chaat Festival', a celebration of India's beloved street delicacies, elevated through the artistry of their chefs. **Where: The Market, The Ritz-Carlton; When: May 10 to June 10**

03 Puppet play

Ranga Shankara is organising Tila, a puppet play for children above 6 years of age, about Tila, a trickster who always believes he is cleverer than others. **Where: Ranga Shankara, JP Nagar; When: June 8, 3.30 pm and 6 pm**

04 Art unveiling

Catch a rare glimpse of Magdalene in Ecstasy, a masterpiece by Caravaggio (1606), oil on canvas, presented by the National Gallery of Modern Art, Bengaluru and the Consulate General of Italy. **Where: NGMA Bengaluru, Palace Road. When: June 13, 5.30 pm**

05 Readers' rendezvous

Join the Urban Solace Book Lovers' Club for a review of The Vegetarian by Han Kang at their June meet-up. **Where: Urban Solace – Café for the Soul, Ulsoor Lake; When: June 8, 11.30 am to 1.00 pm**

Infosys GST dispute ends after year-long battle

In a major relief to Infosys, the Director General of GST Intelligence (DGGI) has closed pre-show cause notice proceedings against the company for the financial years 2018–19 to 2021–22, involving a massive ₹32,403 crore in GST dues. This decision effectively concludes a year-long tax dispute for India's second-largest IT services firm. In mid-2024, GST authorities had issued the notice for services availed by Infosys from its overseas branches over five financial years beginning 2017. The ₹32,403 crore demand had even exceeded the company's FY25 net profit of ₹26,713 crore. Its closure is a substantial relief for the Bengaluru-headquartered tech giant.

In a filing to the BSE, Infosys stated: "In continuation to our earlier communications on July 31, August 1, and August 3, 2024, this is to inform that the company has today received a communication from the Director General of GST Intelligence (DGGI) closing the pre-show cause notice proceedings for the financial years 2018–19 to 2021–22." With this, Infosys said, the matter now "stands closed". **– PTI**

Eid prayers at Chamarajpet Maidan

People of Muslim community offering prayers at Eidgha Maidan in Chamarajpet, celebrating Bakrid.

PIC: KAUSHIK JN

Cultural taboos continue to restrict young girls

Study finds poorly maintained school washrooms prevent safe menstrual hygiene, forcing girls to miss classes and compromising their health and educational opportunities

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Researchers from St John's Medical College have found that menstrual hygiene management in Bengaluru's urban underprivileged areas still faces critical gaps, leading to health concerns among adolescent girls and young women. They have flagged aspects such as limited knowledge, sanitation barriers, and cultural taboos as some of the management issues.

The study was conducted in two urban locations within Austin Town - Neelasandra and Maya Bazar - on 50 adolescent girls and young women aged 13 to 30 years. Researchers found that there is a lack of prior awareness of menstruation in some participants, with family members and school as primary sources of information. Sanitation concerns, particularly in school washrooms, were prevalent apart from cultural taboos regarding isolation, dietary restrictions, and participation in activities during menstruation.

They noted that while awareness of newer menstrual products, such as menstrual cups, is growing, it is limited.

"The promotion of cloth pads for their environmental sustainability offers an eco-friendly alternative to disposables, but must be accompanied by proper hygiene education to avoid health risks. Sanitation, especially at school, was another major concern. Poor hygiene in school washrooms was a barrier to menstrual hygiene," noted researchers. They say there is a need for improved sanitation infrastructure in schools to reduce absenteeism and enhance participation in education.

Some school girls get help, others still struggle for sanitary products

Involving boys and men in menstrual health education can help reduce stigma and promote inclusivity, supporting goals of gender equality and well-being

Cultural taboos like menstrual isolation and restrictions on physical activities were found prevalent, apart from a lack of autonomy among girls in choosing menstrual products, as decisions were mostly made by family members.

"These taboos, which contribute to the stigma around menstruation, hinder gender equality and girls' participation in daily activities. This finding underscores the need for public health initiatives that empower girls to make informed decisions about their menstrual health," the study noted.

Cultural and dietary taboos were also significant, with beliefs about certain foods exacerbating menstrual symptoms, which contribute to psychological stress and restrict girls' participation in normal activities. Researchers also noted the trend that while some girls received assistance, others faced difficulties in accessing sanitary products.

Public health interventions should empower girls to make informed choices, challenge cultural taboos, and ensure access to products. Involving boys and men in menstrual health education can help reduce stigma and promote inclusivity, supporting goals of gender equality and well-being.

Govt extends midday meal benefits to pre-primary children

In a significant move to improve child nutrition, the Karnataka government has extended the midday meal scheme — which includes eggs and bananas — to students in pre-primary sections (LKG and UKG) across the state. Previously, only students from classes 1 to 10 were eligible for eggs under the scheme. This expansion benefits an additional 1.98 lakh children in pre-primary, raising total coverage to 51.61 lakh students across government, aided primary, higher primary, and high schools.

With ₹1,500 crore funding from the Azim Premji Foundation, the initiative — launched in February 2024 — will continue through the 2025–26 academic year. The government has released ₹253.94 crore in the first instalment for providing eggs and bananas. Schools have been directed to raise awareness about the nutritional value of these foods during morning assemblies. To ensure meal quality, the Department of School Education issued directives requiring headteachers to invite 10 parents weekly to dine with students and assess meals. Taluk-level midday meal officers must hold monthly meetings with headmasters and School Development and Monitoring Committee presidents to review implementation.

On Children's Day, schools must invite all parents for lunch and publicly present financial records. Headteachers will be trained to manage bank accounts to ensure transparency. The Department's Commissioner directed immediate implementation to improve accountability and community participation.

— BMB

Shocking crimes of passion rock city

Man walks into police station with wife's severed head; suitcase murder accused arrested

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In a chilling incident that left police personnel horrified, a man walked into the Surya City Police Station at around 12.40 am on Saturday, carrying his wife's severed head in one hand and a machete in the other. The gruesome murder took place near Heelalige in Anekal Taluk, on the outskirts of the city.

The accused, identified as Shankar A, allegedly killed his wife Manasa over suspicions of an extramarital affair. Police said Shankar rode to the police station on a scooter, with the head placed on the footrest. He confessed to attacking his wife multiple times with a machete during a heated argument at their rented home.

Shankar and Manasa, who had been married for five years and have a four-year-old daughter, had frequent quarrels. Two days prior to the murder, Shankar reportedly caught Manasa with a man named Mangilal, her co-worker, leading to a major fallout. She had left the house following the confrontation.

On Friday night, Manasa returned, reportedly seeking reconciliation. However, Shankar, allegedly intoxicated, began scolding her. The argument escalated, and in a fit of rage, he beheaded her. Police said the accused claimed he killed his wife because of the extramarital affair. The body was found lying in a pool of blood at their home. Shankar has been taken into custody and produced before a magistrate. A postmortem examination will be conducted within two days. Further investigation is underway.

Body in suitcase: 7 from Bihar held

In a breakthrough operation, Surya Nagar Police have arrested seven individuals from Bihar in connection with the brutal murder of a 17-year-old girl, whose body was found stuffed in a suitcase near the railway bridge in Old Chandapura on May 21.

The victim, identified as Rima, was reported missing earlier, with her disappearance widely circulated across the state. Police investigations revealed that Rima had been lured from Bihar under the pretext of marriage by her boyfriend, Ashiq Kumar.

Ashiq Kumar, who is already married and has two children, had arrived in Kachanayakanahalli in Chandapura from Bihar on May 17. He allegedly murdered Rima in Kachanayakanahalli and later disposed of her body by packing it into a suitcase and abandoning it near the railway bridge. The suitcase was reportedly dumped using a hired cab, after which the accused fled the city. Following the registration of a murder case at Surya Nagar Police Station had launched an operation and travelled to Nawada district in Bihar. There, they apprehended seven individuals, including prime suspect Ashiq Kumar, Mukesh, and Rajarammohan. All seven accused are currently being brought back to Karnataka for further investigation.

Ex-lover murders girlfriend's fiance

In a case of jealousy and rage, a 24-year-old man was brutally stabbed to death by his lover's former boyfriend in Railway Gollahalli Village, Nelamangala, on Friday night. The accused, enraged after discovering that his ex-girlfriend was in a serious relationship with another man and was planning to marry him with both families' consent, allegedly lured the victim into a fatal confrontation.

The victim, Darshan (24), a resident of Gollahalli, was in a relationship with a woman who had previously been involved with the accused, Venugopal (27). According to police, Venugopal grew furious after learning that the woman was planning to marry Darshan with her family's approval. Under the guise of having a conversation, Venugopal called Darshan to a secluded deserted area in the old layout of the village. What began as a discussion quickly escalated into a heated argument, during which Venugopal allegedly stabbed Darshan multiple times in the stomach and back before fleeing the scene.

Bengaluru Rural Superintendent of Police CK Baba and the Nelamangala Rural Police visited the crime scene. A forensic team gathered evidence, and the body was sent to Nelamangala mortuary for post-mortem. SP CK Baba confirmed that Venugopal committed the murder out of jealousy. "We have vital clues about the accused and have formed a special team to nab him. He will be arrested soon," he said. The police have registered a case and launched a manhunt for Venugopal, who is currently absconding.

Lorry driver killed in collision on NICE Road

A 24-year-old tipper lorry driver lost his life in an accident around 3.30 am on NICE Road near Hill Rock School under the Jnanabharathi Traffic Police Station limits.

According to the police, Brijesh Kushwaha was driving a tipper lorry from Mysore Road towards Magadi Road at a high speed, when he rammed into the rear of another lorry moving ahead of him. The collision caused significant damage to the front of Brijesh's vehicle, and he sustained severe bleeding injuries. He was immediately rushed to Rajarajeshwari Hospital, where doctors declared him dead on arrival.

A case has been registered under Section 281 and 106(1) of the Bharatiya Nyay Sanhita (BNS). Police have begun an investigation into the circumstances leading to the accident.

Caution urged during early hours

Authorities have urged heavy vehicle drivers to exercise caution, especially during early morning hours when visibility is low and fatigue can contribute to fatal errors. -BMB

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Jayanagar footpaths vanish as vendors take over road

Encroached footpaths and roads in Jayanagar 4th Block endanger pedestrians daily, as vendors occupy public space and authorities fail to enforce regulations effectively

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Above: The whole footpath and half of the road are encroached by vendors on 10th Main, 10th Block of Jayanagar and Below: on 27th A Cross of Jayanagar 4th Block, Byrasandara ward

The brazen encroachment of footpaths and half of the road at Jayanagar 4th Block is any indication, it seems the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities and the traffic police are in deep slumber. Pedestrians have already forgotten the very existence of the footpaths and the motorists have been suffering in silence. The residents complain that they could not even walk on the road as they have to jostle for space as half of the road is occupied by the street vendors in the peak hours, especially in the evening. The residents said that they are compelled to walk on the road risking their lives as there is no space on the footpaths to walk.

"We cannot question the street vendors who have political clout. Is it not the responsibility of the BBMP authorities and the traffic police to clear the encroachment on the footpaths and the road? – Subhash N, pedestrian

"The BBMP authorities and the police have made attempts to make footpaths free from street vendors but in vain. The authorities have failed to discipline the street vendors who do not want to follow the norms," said Subramanya S, a pedestrian.

Some of the pedestrians and residents have questioned the existence of the BBMP authorities and the traffic police who have the obligation to ensure footpaths are pedestrian friendly. "The BBMP office is situated near the BWSSB water tank. I am tired of complaining to the BBMP authorities. I suspect that street vendors have been paying money to the authorities for allowing them to encroach the footpaths and the road," said Rangaswamy P, a pedestrian.

It is quite shocking and amusing to see a Nandini Milk Parlour occupying the footpath. A fruit vendor, perhaps motivated by the Nandini Milk Parlour, has put up a temporary shop not only occupying the footpath but also a portion of the road thus blocking the access to the footpath for the pedestrians. "We cannot question the street vendors who have political clout. Is it not the responsibility of the BBMP authorities and the traffic police to clear the encroachment on the footpaths and the road?" Subhash N, a pedestrian, asks.

One of the street vendors on 9th Main, on the condition of anonymity, said that a few shop owners are also responsible for encroachment of the footpaths on the 10th Main Road (Gopalakrishna Adiga Road). "The authorities concerned have to take action against such shop-owners for encroaching the footpaths on both sides of the 10th Main and other roads around Jayanagar Shopping Complex," he said.

Meanwhile, Jayanagar Police Inspector (Traffic) said that one of the street vendors got a stay order from the court. "I will look into the matter. Send me photos or videos of the encroachment of the footpath on the 10th Main. I will look into the matter," the Police Inspector said.

However, BBMP Assistant Executive Engineer Santosh Kumar said that he would look into the matter. "Send me the photos of the location and the footpaths," he said.

Civic workers wait for basic protective gear

Workers engaged by a garbage contractor clearing garbage without wearing hand gloves

CONTINUED FROM PAGE 1

introduce jumbo bags to facilitate pourakarmikas to collect garbage on the city roads without any hassles. However, five years after this announcement, the bags are yet to arrive. "The BBMP authorities must provide us with brooms, gloves and masks every year. It will not help protect us from dangerous exposures and we can also ensure the city is clean. I hope the BBMP makes arrangements to distribute these without any delay," said a pourakarmika.

Demanding that the BBMP provide pourakarmikas with all amenities, BBMP Pourakarmikara Sangha president Nirmala said the gloves supplied by the BBMP are either too big or too small. "The gloves supplied by the BBMP are not in a good condition. It will be useful if the BBMP sanctioned money to pourakarmikas to buy gloves on their own. The BBMP does not issue gloves to pourakarmikas every year," said Nirmala.

BBMP Chief Engineer (Health and Sanitation) Basavaraj Kabade, however, told BM that gloves and masks were distributed to the pourakarmikas last year. "We are yet to call for the tender to supply gloves and masks for 2025-26," he said.

'Strict regulation of food quality, a must'

Emphasising the need for stringent regulation of food quality, Dr Sharan Prakash Patil, Karnataka Minister for Medical Education, Skill Development, Entrepreneurship and Livelihood urged both state and central food and drug authorities to closely monitor and regulate the standards of street and hotel food. Speaking at the World Food Safety Day programme organised by the Union Ministry of Health and Family Welfare at NIMHANS on Saturday, Dr Patil highlighted the serious health risks posed by unhygienic and adulterated food. "Children and the elderly are often the worst affected by low-quality food. Strict enforcement by government agencies is essential to ensure safety," he said.

A medical professional himself, Dr Patil pointed out that vendors frequently use banned colours and chemicals to enhance the taste and appearance of food. **— ANI**

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Road neglect

Chinnamma Layout

Though BWSSB finished pipeline work a year ago on 4th Main, Chinnamma Layout, Madiwala, the road remains unrepaired, causing commuter inconvenience and frequent accidents.

Illegal obstruction

Kavalbyrasandra

The public road at 1st Main Road, MM Layout, Kavalbyrasandra, has been illegally encroached, blocking access for residents and commuters.

Waste zone

Jayanagar

At Jayanagar 5th Main Road, 4th Block, garbage trucks frequently dump waste on the roadside, leading to hygiene problems and traffic disruptions.

Road safety to become part of school curriculum

New curriculum introduces traffic awareness from Class 2 to 9, aiming to create responsible road users from a young age

DSERT introduces road safety lessons across grades, aligning with Bengaluru Traffic Police initiative

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As Bengaluru continues to rank among the most congested cities in the world, Karnataka's education authorities are taking proactive steps to address the issue at its roots by educating school children on road safety.

In a recent directive, the Department of State Educational Research and Training (DSERT) announced that road safety content developed by the Police Department will be officially included in school textbooks from the 2025–26 academic year. The initiative is aimed at raising early awareness among students about traffic rules, personal safety, and responsible behaviour on roads.

The integration spans multiple subjects and grades. For instance, "Traffic Light" will be taught in Class 2 Hindi (First Language), "Travel" in Class 4 English (Second Language), "Traffic Rules" in Class 4 Environmental Studies, "Personal Safety" in Class 6 Physical Education, and "Road Service" in Class 7 English (Second Language). Additionally, Class 9 students studying Hindi as a third language will learn a chapter titled Sadak ki Raksha – Sabki Suraksha.

The textbooks are currently in the printing and distribution stage, with DSERT confirming that content prepared by the Police Department will be reviewed by curriculum committees for updates in future editions.

> **"Education Department incorporated traffic rules and road safety into school curriculum due to our consistent efforts; we sincerely appreciate this step**
>
> –MN Anucheth, Joint Commissioner of Police

Joint Commissioner of Police (Traffic) MN Anucheth highlighted the collaborative effort: "Thanks to the consistent efforts of the Bengaluru Traffic Police, the Education Department has incorporated traffic rules and road safety into the school curriculum. A model syllabus was prepared by the traffic police and shared with the department. We sincerely appreciate the Education Department for taking this step."

Experts in traffic management have welcomed the move. One specialist noted that with Bengaluru's congestion reaching alarming levels, instilling traffic discipline from a young age is essential. "Teaching road safety in schools is not just about awareness it is about shaping a generation that is cautious, mindful, and responsible," the expert said, adding that such education could lead to long-term behavioural changes that benefit the entire city.

Stampede fallout: KSCA officials quit

In the wake of the stampede tragedy at M. Chinnaswamy Stadium, Karnataka State Cricket Association (KSCA) Secretary A Shankar and Treasurer ES Jairam have submitted their resignations from their posts. In a joint press statement released on Saturday, the two officials stated: "Though our involvement in the unexpected and unfortunate incident over the past two days was limited, we have decided to take moral responsibility and resign from our positions as KSCA Secretary and Treasurer. We have formally communicated our decision to the President of the association through a letter sent on the night of June 6, 2025."

Compensation raised

Meanwhile CM Siddaramaiah has directed officials to increase the compensation for the families of those who lost their lives in the recent tragedy at the Chinnaswamy Stadium. The revised ex gratia amount has been raised to 25 lakh per family.

Earlier, the state government had announced a compensation of 10 lakh for each bereaved family. Following a review of the incident and appeals from various quarters, the CM has now enhanced the relief package to provide greater support to the affected families.

BBMP notice to KSCA

The Bruhat Bengaluru Mahanagara Palike (BBMP) has issued a notice to the Karnataka State Cricket Association (KSCA) for allegedly displaying unauthorised advertisements inside the M Chinnaswamy Stadium without prior approval. According to the notice, advertising within city limits requires approval from the BBMP Chief Commissioner. **BMB**

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Life in a PG: No edible food, space, safety or hygiene

Complaints go unheard, inspections delayed, while thousands stay in crammed, unchecked accommodations across city

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PIC FOR ILLUSTRATIVE PURPOSES ONLY

Even a year after the murder of a 24-year-old at her paying guest (PG) accommodation, there is little change to the situation of the city's PGs. Many accommodations in the city continue to function in unsafe and unhygienic conditions. The growing PG sector remains largely unregulated, leaving many vulnerable to exploitation and health risks.

In a recent incident, a student staying in a PG in Jayanagar lodged a formal complaint with the health inspector of the ward, citing poor sanitation, lack of ventilation, and overcrowding. According to the PG resident, despite several follow-up calls, no inspection has been carried out to date. "I called multiple times over the past few months, hoping someone would take action. But no one turned up. We are living in extremely cramped conditions and no one seems to care," the student told Bangalore Mirror.

Another resident, who is a lawyer by profession, said, " We pay ₹8,000 as PG fee, but the quality of food is terrible. There's no proper timetable or structure either. The only reason I continue staying here is because it's close to the metro station and bus stand."

She said they have raised their concerns with the PG owners, but they're indifferent. "There's only a CCTV camera, but no lock on the door. At night, we have to lock doors by ourselves. Nothing has happened so far, possibly because there's a police beat nearby. A few months ago, I even lodged a complaint with the health inspector and followed up multiple times, but no one turned up." Another PG resident from the PG explained that rooms meant for two or three people are often overcrowded, clearly violating space norms. "Cleanliness is a serious issue too. We have a common bathroom, but it is rarely done properly."

"Sometimes we may have missed the lapses as during inspections, PG owners clean up the mess. So if students find any unhygienic practices, they should take a video or photo and send it to us

When contacted, the BBMP Health inspector told BM that they will follow up on this. "We have not neglected any complaint. Sometimes we may have missed the lapses as during inspections, PG owners clean up the mess. So if students find any unhygienic practices, they should take a video or photo and send it to us," the health inspector said.

This is just one case in point. From Whitefield to BTM Layout, residents of PGs continue to face issues ranging from insufficient fire safety equipment and irregular water supply to unhygienic kitchens and pest infestations. Many PGs allow more residents than are permitted, converting dining halls and balconies into sleeping quarters.

Experts say the problem stems from a lack of regulation and poor enforcement. While BBMP guidelines mandate basic facilities such as adequate ventilation, toilets, fire exits, and periodic pest control, many PG operators ignore these norms without consequence.

A BBMP official, speaking on condition of anonymity, admitted that manpower shortages often delay inspections. "We receive multiple complaints every month, but we don't have enough staff to carry out immediate inspections in all wards. Some issues slip through the cracks," the official said. "We had shut down several PGs in the Marathahalli area earlier. However, if we receive such complaints, we will take immediate action," the BBMP health inspector, Jayanagar ward added.

PG Association President Arun Kumar told BM that they have set clear guidelines. "But many PGs struggle to follow them due to rising operational costs, especially after the hike in water and electricity bills. But, a large number do comply with the rules." On the issue of illegal PGs, Kumar clarified, "These are not exactly illegal PGs, some are operating without licences. Many PG owners told us they had applied for licences, spending around ₹30,000 to ₹40,000. But in several cases, bribes are demanded, and licences get rejected due to technical reasons."

KSHRC seeks report on prison food standards

Bangalore Mirror

Poor quality food, lack of basic hygiene facilities in Karnataka's prisons spark calls for urgent reform; daily food budget for each prisoner stands at measly Rs 85

BEHIND BARS, ON AN EMPTY STOMACH

Lack of proper menstrual hygiene support for female inmates

BM had reported about this issue on April 23

In response to concerns over prison food standards and health risks to inmates, the Karnataka State Human Rights Commission (KSHRC) has directed the Director General of Prisons and Correctional Services to submit a detailed report on food facilities, nutritional adequacy, and meal timings across all prisons in the state. The directive follows a complaint filed by activist T Narasimha Murthy, who raised serious concerns about inadequate food budgets and prolonged fasting intervals between dinner and breakfast.

According to the complaint, dinner is served between 5.15 pm and 5.45 pm, while breakfast is only served the next morning between 7.15 am and 8.30 am creating a gap of nearly 14 hours between meals. This long interval, activists argue, poses health risks, especially for inmates with conditions like diabetes and hypertension.Murthy questioned whether Karnataka's prison system involves certified nutritionists to assess the meals and suggested introducing light night snacks to reduce the health risks of extended fasting.

Murthy's complaint also pointed out that the current daily budget of 85 per prisoner is insufficient to maintain food quality and quantity, especially in the face of rising costs. By comparison, states like Kerala reportedly offer more frequent and nutritious meals, including non-vegetarian options on alternate days.

The KSHRC, in its order dated May 7instructed prison authorities to look into these allegations and respond by June 9. The case is scheduled for a full bench hearing on June 10. **BMB**

Will Western Ghats assessment plan work out? Conservationists skeptical

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While Karnataka's Forest Minister's recent announcement regarding the State Government's decision to assess carrying capacity of Western Ghats mountains has been received with open arms by conservationists, they are skeptical about the implementation of its outcome.

"In the past, many studies on the fragile ecosystem of Western Ghats have been conducted, including the K Kasturirangan, K Kasturirangan, Madhav Gadgil, and a report by the Indian Institute of Science (IISc). However, none of them have been implemented, in favour of development activities and disastrous infrastructure projects such as the Sharavathy pumped-storage project. Hopefully, the outcome of this assessment will be considered," said a wildlife conservationist, expressing his skepticism.

Only in November last year, the State Government had expressed its unwillingness to implement the K Kasturirangan report. Khandre had then mentioned that Karnataka has already protected 16,114 sq km of eco-sensitive area across its 11 districts in the Western Ghats, and this is an appropriate limit.

This was after the Ministry of Environment, Forest, and Climate Change (MoEF&CC) issued the sixth draft notification of the report in October and sought answers.

Khandre had said that the Kasturirangan report may be accepted subject to this limit, as 16,114 sq km of eco-sensitive area around various forest and wildlife sites in the state has already been protected. The Kasturirangan Committee report has identified an eco-sensitive zone of 20,668 sq km in the state.

Another analysis of the region conducted recently by IISc researchers shows that a large part of the Western Ghats is ecologically fragile. The Ecologically Sensitive Region (ESR) delineation study showed that 63,148 sq km of the area is under much higher ecological fragility, 27,646 sq km is under high ecological fragility, 48,490 sq km is moderate, and 20,716 sq km is low ecological fragility.

Even the National Green Tribunal, in 2020, had directed the Central Pollution Control Board (CPCB) to coordinate with authorities across all states. As per the order, states were to undertake a carrying capacity assessment of at least one Eco-Sensitive area, which may be thereafter replicated for all Eco-Sensitive areas in the next three months.

Conservationists also say the proposed carrying capacity study should also assess aspects such as the viability of volume of tourism, including vehicle count, to ascertain the impact on locals and help conserve the environment. "Many illegal resorts and homestays are operating across the majority of districts in this fragile region," said a local wildlife activist.

For the record: Name change plaint reaches Lokayukta

Homebuyers allege 15-year delay by BBMP in updating land records, accuse officials of negligence and corruption in property documentation

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A complaint has been registered with Karnataka Lokayukta against the then Bruhat Bengaluru Mahanagara Palike (BBMP) Chief Commissioner Tushar Girinath for dereliction of duty. The Lokayukta registered the complaint against the BBMP Commissioner on Tuesday.

The complaint was filed by Dhananjaya Padmanabhachar, a resident of Sobha Arena Apartment in Judicial Layout, Thalaghattapura. He alleged that despite purchasing a flat in VS Cozy Apartment and executing the sale deed on August 29, 2009, the land records still reflect the name of the previous landowner. The sale deed granted him ownership of 345 sq ft, but even after 15 years, his name has not been entered in the land khata.

According to Dhananjaya, he applied for the land khata certificate and khata extract from BBMP on March 16, 2023. The documents he received did not reflect his ownership. The following day, on March 17, 2023, he submitted a complaint to the BBMP Commissioner, requesting a probe and corrective action. However, he claimed no action was taken despite repeated follow-ups.

"I have waited for over two years, visiting the BBMP head office multiple times," said Dhananjaya. "The officials kept making verbal assurances but did nothing. This forced me to approach the Lokayukta."

Resident battles BBMP for two years to update land ownership in records

"I waited over two years; officials did nothing despite verbal assurances, forcing me to approach the Lokayukta for action
–Dhananjaya Padmanabhachar

In his formal complaint, Dhananjaya alleged not just negligence but also corruption. He argued that the failure to update the land khata to reflect individual flat owners' names deprived them of their legal land rights. Dhananjaya, who is also the Sanchalak of the Karnataka Home Buyers' Forum, said the issue is widespread and reflects systemic apathy towards apartment owners.

Supporting the need to include flat owners' names in land records, Naval veteran Commander Surendra said the BBMP must take proactive measures. "Authorities have a duty to update records in accordance with ownership," he said. "This is not merely a procedural formality it directly impacts legal rights."

Adding a broader perspective to the issue, Ameya Usgaonkar, another apartment owner, highlighted flaws in the registration process. He explained that ownership typically begins with the sale of the undivided interest (UDI) in the project land. This is recorded through the registration of the Agreement for Sale (AFS), which is the first legal step and includes project details, timelines, and builder commitments.

"The sale deed comes later and confirms the apartment transfer," he said. "If the AFS isn't registered, there's no legal provision under the Registration Act to reflect UDI in the final sale deed."

He pointed out that many builders bypass the AFS registration, retaining ownership of the land in official records. "This loophole enables builders to maintain control and delays proper transfer of ownership to buyers," he said. "I believe the BBMP should coordinate with the Inspector General of Registration (IGR) to enforce AFS checks before granting Occupancy Certificates (OCs). If AFS isn't in place, subsequent apartment sales should not be permitted."

The Lokayukta is expected to investigate the matter and determine whether administrative failure or deliberate oversight is at play. For now, the complaint reflects growing frustration among Bengaluru's apartment owners who feel stranded in legal limbo despite following due process.

Metro Phase 2 stuck in hurdles

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Land acquisition hurdles, tree clearance delays, shortage of trains, and technical challenges are slowing down three key projects of Namma Metro's Phase 2, further delaying services for commuters. Among the most affected is the Yellow Line, connecting RV Road to Bommasandra, which was scheduled to open a year ago. Despite completion of infrastructure work, a shortage of trains has hindered its launch. Similarly, the Pink Line from Kalena Agrahara to Nagawara, which was to be completed by March this year, and the Blue Line connecting to the Kempegowda International Airport, have seen deadlines pushed back with the latter now expected to start only by 2027.

The Bangalore Metro Rail Corporation Limited (BMRCL) is implementing Phase 2 across 75.09 km, but only around 41 km is expected to be completed by next year. However, metro experts remain doubtful that operations will begin immediately, even after civil work is done. Multiple issues — legal disputes, delays in tree-cutting permissions, and sluggish procurement — have contributed to rising costs and prolonged timelines.

The 19-km Yellow Line, linking Electronic City, has finished civil work but has only received two train sets so far. With a third set expected soon, BMRCL plans to begin partial operations, although commuters may face 20-minute wait times. The Pink Line's tunnel work is complete, and 90% of underground station construction is done, with track laying in progress.

On the Blue Line, while viaducts and pillars are advancing, station construction remains slow.

Karnataka rivers choke as water quality dips to dangerous levels

Doubling of Class D river stations signals sewage mismanagement, raising concerns over public health

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Report reveals just water of 59% of state's rivers only fit for use after disinfection and treatment

Rivers in Karnataka, which are being monitored under the National Water Quality Monitoring Programme (NWMP), are deteriorating at an alarming rate.

The number of river monitoring stations reporting poor water quality has doubled over the last five years, raising serious environmental concerns across the state. According to the Karnataka State Pollution Control Board (KSPCB), in 2019-20, 10 river stations were classified under the Class D category. That figure has now risen to 20. Simultaneously, the number of stations with water quality under Class C has dropped from 77 to 59—pointing to a steady decline in overall river health.

KSPCB officials attribute the degradation primarily to the unchecked discharge of untreated sewage from surrounding towns, cities, and villages into rivers. The majority of river stretches in Karnataka now fall under the Class C category, which means the water is fit for domestic use after physical and chemical treatment followed by disinfection.

Under the NWMP, KSPCB monitors seven major river systems in the state—Krishna, Cauvery, Godavari, North Pennar, South Pennar, Palar, and the West Flowing Rivers. The Board collects water samples from 325 monitoring stations, including 100 river stations, 196 lakes or tanks, two bore wells, and five coastal and marine areas. Unlike stagnant water bodies such as lakes and ponds, rivers possess a natural self-purification process, making them easier to rejuvenate using nature-based interventions. However, the growing number of river stations under Class D highlights a lack of effective on-ground pollution control measures.

"If the discharge of untreated sewage and industrial waste is halted, river water quality can improve significantly within a short period," said a city-based hydrologist. "The increase in Class D stations clearly shows that this essential step is still not being implemented effectively."

Currently, KSPCB permits the discharge of treated industrial effluents into rivers at just three locations across the state Bhadra River near Bhadravathi in Shivamogga, Tungabhadra River near Harihar in Haveri, and Kali River near Bangur Nagar in Dandeli.

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Authorities concerned by rise in vape use among students

CONTINUED FROM PAGE 1

items fall under the banned category as per the Prohibition of E-Cigarettes Act, 2019, which prohibits the manufacture, sale, and distribution of electronic nicotine delivery systems (ENDS) in India.

A case has been registered under Sections 201 (causing disappearance of evidence) and 297 (obscene acts and songs) of the Indian Penal Code, along with relevant provisions of the anti-vape legislation. Investigations are underway to trace the supply chains and networks responsible for the illegal distribution of these products.

Popular among students

Authorities are particularly concerned about the growing popularity of vapes among teenagers and college students. Despite the nationwide ban, many vendors continue to

The complaint was filed by the father of a 14-year-old girl, who was found using an e-cigarette on May 15

operate in high-footfall areas like Church Street, Koramangala, JP Nagar, and Yelahanka, making the products easily accessible to the youth.

Officials stress that the increasing use of e-cigarettes among students is a serious public health concern, as it exposes minors to nicotine addiction and other harmful substances at an early age. Police have urged parents, educators, and institutions to remain vigilant and report any suspicious activities.

Law enforcement agencies have assured continued action against violators as part of efforts to curb the spread of vaping culture among young people.

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RENTAL Workspace Area: 6,000 Sqft, 2nd Floor Location: 71 72, 6th Block, Jyoti Nivas College Rd, Koramangala-95. Call: 98440 81062 / 98919 14100

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personal

CHANGE OF NAME

I, Amanda Alison Fletcher & Fletcher Amanda Alex D/o Alex Fletcher R/o #4 3rd floor, Room-302,8th Cross,Ganga - mma Layout, Guddadahalli, RT Nagar B'lore- 560032 have changed my name to Amanda Fletcher for all purposes.

I, Mohammad Dilshad Aalam Khan, S/o Israil Khan R/o Serene, brigade cornerstone utopia, Varthur, bengaluru, has changed name from Dilshan Aalam khan MD to Mohammad Dilshad Aalam Khan for all future purpose

I, MAHADEVA R, S/o Ramesha, residing at No.267, Mallikarjuna temple road, Ullal Upanagara, Bangalore-560056 have changed my name to R MAHADEV PATIL, vide affidavit dt: 07.06.2025 before notary Devaraja E, Bangalore.

I, Neev Kiran Haryadi S/O Suchitra H R/o # Villa no-A245, Prestige Ozone, Hagadur Main Road Behind Forum Mall B'lore- 560066 have changed my name to Neev Kiran for all purposes

I, Ranjitha Kalose Ramanath W/o Uttam Katokar Shivaji Rao R/o Aj Apts No-01 ,1st Floor Munsi Galli Sivan Chetty Garden B'luru-560042 have changed my name to Ranjitha Uttam

LOST & FOUND

I, Kareenhalli Vishwanath Venkatesh, residing at No. 485-1, Spoorthy, 20th Cross Road, Ideal Homes Layout, Kenchanahalli, Rajarajeshwari Nagar, Bangalore-560098, have lost Katha Certificate, No. 906/AP5G/12-13 on 01-05-2025 at Ideal Homes Layout, Bangalore. Finders please contact: 9820234251

HEALTH TIP: Eat smaller portions but at regular intervals to prevent acidity

Apple cider vinegar has strong antifungal properties, so it can help treat ringworm when applied to the infected area

BangaloreMirror | 10
Sunday, June 8, 2025
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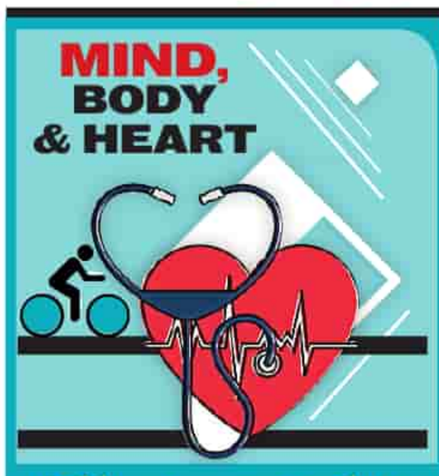


All you need to know about...

5 steps for gut health

1 Increase fibre intake
Whole grains, fruits, legumes, and vegetables are the foundation of good gut health. They feed the beneficial bacteria, helping them thrive. If your current diet is low on fibre, pace yourself. Sudden changes can lead to bloating or discomfort. Start small: a handful of soaked chickpeas or a bowl of papaya could do the trick.

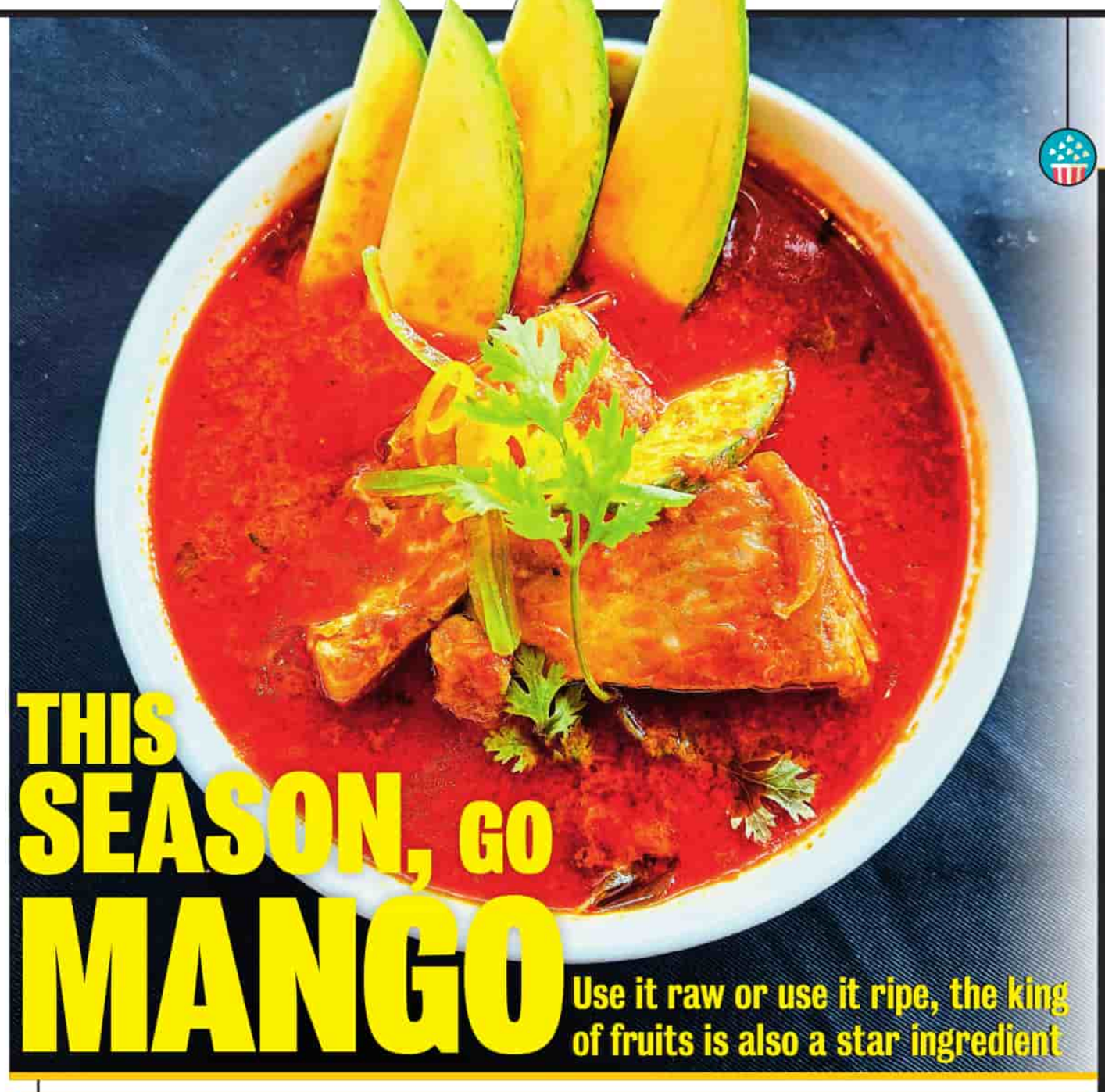
2. Fermented foods
Idli, dosa, dahi, and pickles are traditional foods with gut-friendliness built in. Fermented foods introduce live bacteria into your gut, supporting balance and digestion. A small bowl of yoghurt daily or some kanji during the season can help without requiring drastic changes.

3. Cut sugar and processed foods
Highly-processed foods and added sugars feed the 'bad' gut bacteria, promoting inflammation and poor digestion. This doesn't mean cutting out all indulgences, but just trying to make them occasional. Swap sugary drinks with nimbu pani or coconut water, and replace chips with roasted makhana or dry fruits.

4. Stay hydrated
Water keeps everything moving in your digestive tract. But there's no magic number of litres you must drink. Instead, focus on drinking regularly through the day, especially after meals and during hot weather. Herbal teas such as ginger or mint can also be soothing.

5. Chew your food
Digestion starts in the mouth. Gobbling down your food doesn't just mess with portion control; it also leaves your stomach playing catch-up. Chewing thoroughly breaks food down better and signals your body to prepare enzymes for digestion.
Bonus: you feel full with less.

—Femina



THIS SEASON, GO MANGO

Use it raw or use it ripe, the king of fruits is also a star ingredient

MAMIDIKAYA PAPPU (RAW MANGO DAL)

INGREDIENTS
- Toor dal – 1 cup
- Raw mango – 1 medium-sized (peeled and chopped)
- Green chillies – 2–3 (slit)
- Turmeric powder – ¼ tsp
- Salt – to taste
- Water – 2½ to 3 cups

For tempering:
- Oil or ghee – 1 tbsp
- Mustard seeds – ½ tsp
- Cumin seeds – ½ tsp
- Garlic – 3–4 cloves (crushed)
- Dry red chillies – 2
- Curry leaves – a few
- Hing (asafoetida) – a pinch (optional)

METHOD
- **Cook the dal:** Wash toor dal thoroughly. Pressure cook with turmeric and enough water (2 1/2 to 3 cups) for 3–4 whistles or until soft.
- **Add mango:** Once the pressure releases, add chopped raw mango and green chilies to the dal. Simmer for 10–12 minutes or until the mango pieces turn soft. Add salt to taste.
- **Prepare tempering:** In a small pan, heat oil or ghee. Add mustard seeds and let them splutter. Then add cumin, garlic, red chilies, curry leaves, and a pinch of hing. Fry for a few seconds.
- **Combine and serve:** Pour the tempering over the cooked dal, mix well, and serve hot with rice and ghee.

MAANGAI MEEN KUZHAMBU (RAW MANGO FISH CURRY)

INGREDIENTS
For the Kuzhambu:
- Fish – 500 g (seer fish, tilapia, or any firm fish)
- Raw mango – 1 medium (cut into medium pieces)
- Small onions (shallots) – 10 (peeled and halved)
- Garlic – 6–8 cloves
- Tomato – 1 (chopped)
- Tamarind – lemon-sized ball (soaked and extracted in 1 cup water)
- Red chili powder – 1½ tbsp
- Coriander powder – 2 tbsp
- Turmeric powder – ¼ tsp
- Salt – to taste
- Water – as needed
- Gingelly oil (nalla ennai) – 2 to 3 tbsp

For tempering:
- Mustard seeds – ½ tsp
- Fenugreek seeds – ¼ tsp
- Curry leaves – a sprig

METHOD
- **Prep the fish:** Wash the fish pieces gently and set aside.
- Make the base: Heat gingelly oil in a kadai or clay pot. Add mustard seeds, fenugreek seeds, and curry leaves. Once they splutter, add shallots and garlic. Sauté until golden.
- **Add tomatoes & spices:** Add chopped tomatoes and sauté until soft. Then add turmeric, chili powder, coriander powder, and salt. Fry the masala until oil starts to separate.
- **Add tamarind & mango:** Pour in the tamarind extract and a little extra water as needed. Add the raw mango pieces and let the kuzhambu boil for 5–7 minutes, until the mango is soft and the raw smell of tamarind goes away.
- **Add fish:** Gently place the fish pieces into the boiling kuzhambu. Lower the flame and let it simmer for 8–10 minutes without stirring too much (to avoid breaking the fish).
- **Rest & Serve:** Once the fish is cooked and oil floats on top, switch off the flame. Let it rest for 30 minutes before serving—this enhances the flavour.

MANGO CHEESECAKE (NO-BAKE)

INGREDIENTS
For the base:
- Digestive biscuits – 200 g (or graham crackers)
- Melted butter – 100 g

For the cheesecake filling:
- Cream cheese – 400 g (room temperature)
- Whipping cream – 200 ml (cold)
- Powdered sugar – ½ cup (adjust to taste)
- Mango pulp – 1 cup (fresh or canned)
- Gelatin – 1 tbsp (or agar-agar – 1½ tsp for vegetarian version)
- Warm water – ¼ cup

For the mango glaze (topping):
- Mango pulp – ½ cup

Sugar – 1–2 tbsp (optional, depending on sweetness)
Gelatin – 1 tsp (or agar-agar – ½ tsp)
- Warm water – 2 tbsp

METHOD
- **Prepare the base:** Crush the biscuits into fine crumbs using a mixer or rolling pin. Mix with melted butter until it looks like wet sand. Press the mixture firmly into the bottom of a spring form pan (7 or 8 inches). Chill in the fridge for 30 minutes to set.
- **Make the filling:** Dissolve gelatin (or agar) in warm water, let it sit for 5 minutes, then heat gently to dissolve completely. In a bowl, beat cream cheese and sugar until smooth and creamy. Add mango pulp and mix well. In a separate bowl, whip the cream until soft peaks form. Fold the whipped cream into the cream cheese-mango mixture. Add the cooled gelatin and mix until smooth. Pour this filling over the chilled base, smooth the top, and refrigerate for at least 4–6 hours (or overnight).
- **Prepare the mango topping:** Dissolve gelatin in warm water again, as above. Mix it into the mango pulp with sugar (if using). Pour gently over the set cheesecake layer. Chill again for 1–2 hours until the topping sets.
- **To Serve:** Carefully remove from the pan. Garnish with mango slices, mint leaves, or whipped cream. Slice and enjoy!

Recipes by Pradip Kumar Pani, Executive Chef, Grand Mercure Mysore

High praise— Kiccha Sudeep showered praises on director Abishan Jeevinth's 'Tourist Family', saying the film's writing was one of the finest in recent times

A touching love story

SANJU WEDS GEETHA 2

3.0 RATING ★★★☆☆

- **DIRECTOR** Nagashekhar
- **ACTORS** Srinagar Kitty, Rachita Ram, Ragini Dwivedi, Sadhu Kokila, Rangayana Raghu, Sampath Raj
- **CERTIFICATION** U/A
- **Duration** 144 minutes

Perhaps Sanju Weds Geetha 2 is among the few Kannada movies that were released again across the state with the addition of scenes that were considered important for the movie. Sanju Weds Geetha 2 was released in January 2025 but it was withdrawn from screening within a few days due to some legal and other problems.

Now, the director has added a few more scenes to connect the dots. The director has added a scene where the hero's sister, a silk weaver, dies due to respiratory issues at Sidlaghatta known for raw silk. It also explains how the hero decides not only to get the best price and recognition for silk from Sidlaghatta but also modernise silk looms to ensure no weaver has to die as his sister did.

As always, director Nagasekhar has given importance to music, songs, cinematography and emotions. He has selected good locations in Karnataka and Switzerland to make the movie a visual treat for the audiences.

The movie is about Sanju (Srinagar Kitty), who sells silk sarees and is an expert in visual merchandising. The movie begins with Geetha (Rachita Ram) asking her husband Sanju (Srinagar Kitty), who is to participate in a textile exhibition in Hyderabad, to make arrangements to celebrate their 10th wedding anniversary. Later, the director, with a flashback, narrates how Geetha, the daughter of a businessman (Sampath Raj) falls in love with Sanju, a sari seller and visual merchandiser from Sidlaghatta. Geetha's father asks her to forget Sanju but she insists on marrying her lover. Later, Geetha is diagnosed with lung cancer. What happens to Geetha and Sanju is what Sanju Weds Geetha 2 is all about.

Music by Sridhar Sambhram is melodious. Cinematographer Satya Hegde has done a commendable job. As far as the performances of actors are concerned, Srinagar Kitty has acted well. Rachita Ram looks good.

It is worth a watch for those who crave romantic movies and also for those who have already watched it.

—Y Maheswara Reddy

Crisp narrative with a good message on human relations

SEES KADDI

3.0 RATING ★★★☆☆

- **DIRECTOR** Rathan Gangadhar
- **ACTORS** Cithin Appaiah, BS Ramamurthy, Manvi Balgar, Pratham Raje Urs, Anushka R Takkalaki
- **CERTIFICATION** U
- **Duration** 151 minutes

Rathan Gangadhar, who debuts as a director in Sandalwood, deserves a pat on the back for aptly narrating this story. He sticks to the plot without giving undue importance to the actors.

The movie begins on a dull note but gains momentum within a few minutes and continues till the end. The audiences come out of the theatre content.

It begins with a troubled writer (Cithin Appaiah) setting off on a weird journey with a security guard (BS Ramamurthy). The writer imagines the guard as Bethaala and himself as Vikrama from the folklore. The writer narrates the script to the security guard. He begins the story with four characters – Manji (Anushka R Takkalaki), Raveesha (Pratham Raje Urs), Toufiq (Sreshth Juptimath), and Chikki (Manvi Belgar). While Chikki wants to become a musician, Toufiq loves to watch movies and takes care of his family with his work at an automobile workshop. Raveesha, encouraged by his teacher, wants to win a prize at a calligraphy competition. Manji does odd jobs to take care of her bed-ridden father. She happens to meet Fareed (Sanjay Gowda), who comes to the village to write a book. What happens to the characters and whether the writer convinces the guard is what the movie Sees Kaddi is all about. The beginning and ending of the movie with an old radio reminds the audience of All India Radio news broadcasting.

As far as the performances of the actors are concerned, Anushka R Takkalaki steals the show with her sterling performance. Her dialogue delivery and gestures are super. Her innocent face haunts the audiences for a while even after they go home. BS Ramamurthy, Sanjay Gowda, Santhosh Karki, Sreshth Juptimath, and Pratham Raje Urs provided good support. Rekha Kudligi and Nagaraja Rao, who act as grandparents of Raveesha, are at their best. They tickle the funny bone of the audience.

Songs are good. The plus point of the movie is that it has no violence.

The movie is worth a watch.

—Y Maheswara Reddy

How to reach for the stars...

Like Samantha does during her desert escape

One of the most bankable actresses from the South, Samantha Ruth Prabhu has taken off to the desert for some alone time, breaking away from her hectic work schedule.

The diva is presently enjoying her getaway at Anantara Qasr Al Sarab, placed in the Liwa Desert in UAE.

If the photos shared by her on her Instagram account are any hint, Samantha is making the most of her time in the desert.

In the first pic, the 'Majili' actress posed in the pool, looking ravishing in a black two-piece and a matching pair of sunglasses. This was followed by a picture of the beautiful desert and the book Samantha enjoyed during her trip - "The Good Girl Double Bind" by Chris Bohjalian.

Samantha's recent post further included a close-up of her in stylish shades and hoop earrings.

We could also see Sam polishing her shooting skills, and enjoying the night sky by gazing at the stars through a telescope.

"Reaching for the stars", Samantha captioned the post. Prior to this, Samantha talked about all the lessons life has taught her during the years.

According to her, discomfort has a way of showing how much one is capable of.

The 'Khushi' actress penned on social media, "Everytime, I've moved beyond what felt safe or familiar, I've discovered something new about myself."

Samantha added, "It's not easy, but discomfort has a way of showing you just how much you're capable of. Today, it looked like lifting 90 kgs-- something I never thought I could do, until I did."

For the unversed, Samantha recently donned the producer's cap for the first time for the film "Subham". She backed the family entertainer under her home banner Tralala Moving Pictures. Made under the direction of Praveen Kandregula, "Subham" stars Shriya Kontham, and Charan Peri in pivotal roles, along with others..

—IANS

'I don't spend a lot of time in the mirror'

Hollywood star Jennifer Garner says she doesn't even spend that much time looking in the mirror and is "not really that stressed" about getting older.

"Part of the gift of being my mother's daughter is that I haven't spent a lot of time stressing about my physical appearance." "I don't spend a lot of time in the mirror. Sometimes I could spend more time in the mirror; I'm sure I've had things in my teeth or a bump in my hair," Garner told Harper's Bazaar. "So there are pluses and minuses to it. If you look through, like, the last 20-plus years of paparazzi pictures of me, you would see images and say, 'You would be best served by spending more time thinking about what you look like.

However, she has moments, reports femalefirst.co.uk. "But the flip side of that is that I'm not stressed about aging or things changing. I have my moments, of course, where I'll look in the monitor at work and be like, "Who is that? Ah, that's me!" "I think less is more, as far as focusing on yourself too much in that way.."

—IANS

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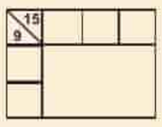
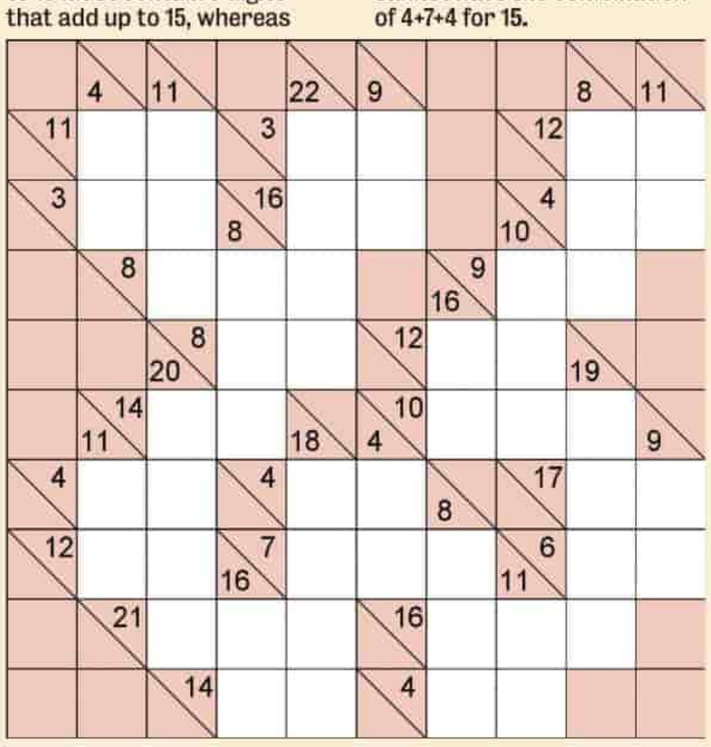
Kakuro

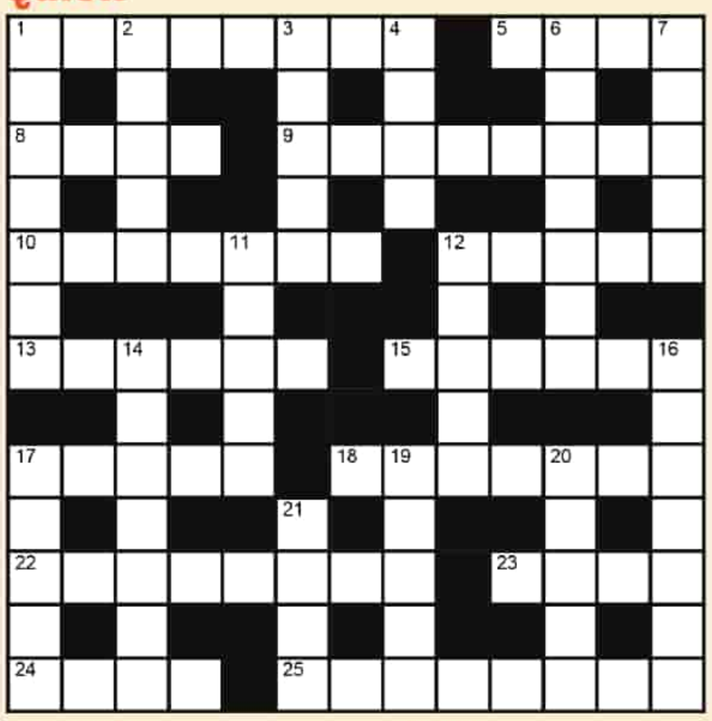
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Genealogical table (8)
5 Slightly open (4)
8 African antelope (4)
9 Perpendicular (8)
10 Give a title to (7)
12 Inquisitive (5)
13 Confuses or obscures (6)
15 Burrow (6)
17 Slumbered (5)
18 Russian counterpart of NASA's Apollo, perhaps? (7)
22 Major river flowing through India (8)
23 Eve's hubby (4)
24 Large volume (4)
25 Dipped under the surface of liquid (8)

DOWN

1 Maxim (7)
2 Senior member of a group (5)
3 Opponent (5)
4 Belgium buck (4)
6 Thriller singer Michael ___ (7)
7 Mass meeting (5)
11 Prejudiced person (5)
12 Pacific island, mined for phosphate (5)
14 Park in Bangalore's Central Business District (7)
16 With furious enthusiasm (4,3)
17 Faculty of vision (5)
19 Trojan king (5)
20 Knobs on roots or branches (5)
21 Japanese rice drink (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS W

Z, UQNC N CNRIKDA UDY UD UDNGD UQDR SWLMC UD JLN-BCWMD CZ ADBDWGD!

Linemaro

I am sorry. I don't think we have met. I wouldn't forget a pretty face like that

Mindchow

The best way to make children good is to make them happy

Joke of the day

No matter how rich you become, how famous or powerful, when you die, the size of your funeral will still pretty much depend on the weather

Loop

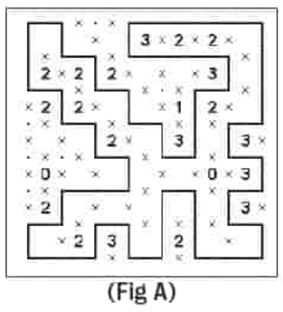
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

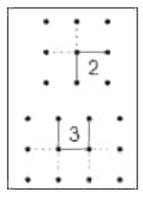
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

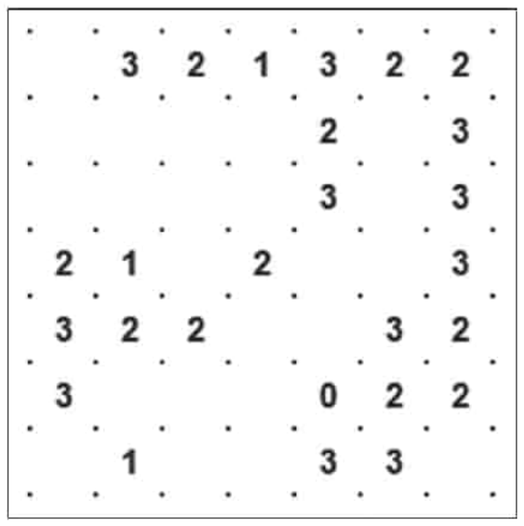
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



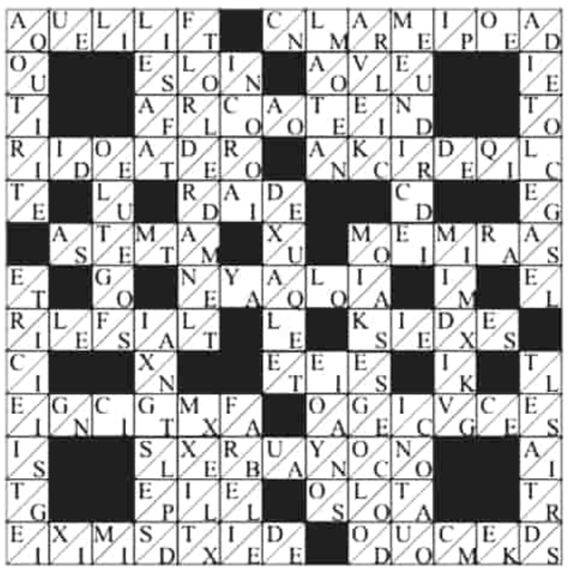
(Fig A)



(Fig B) Not Allowed



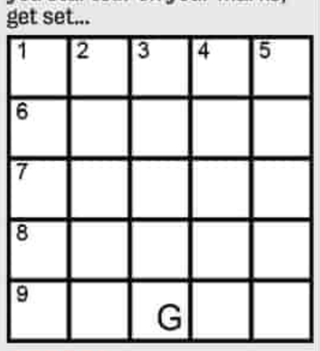
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

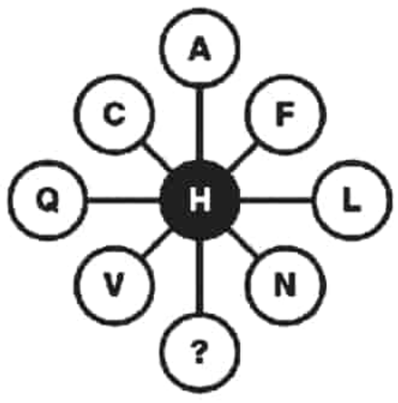
1 A star; 6 Lhasa; 7 Oaten; 8 Con NE; 9 At hug

DOWN

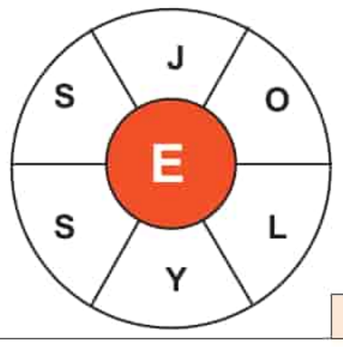
1 A Nasa; 2 A tout; 3 Anglo; 4 N char; 5 He set

Mensapuzzle

Which letter replaces the question mark at the bottom of the grid?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; **03** Good; **04** Outstanding

SudokuChallenge

			2	1	7			
		4		8		5		
2	1		4		5		7	9
	7						8	
		9	8		3	7		
	5						6	
9	8		6		4		3	1
		6		2		8		
			7	9	8			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 5

2 3 5 5

Medium = 21

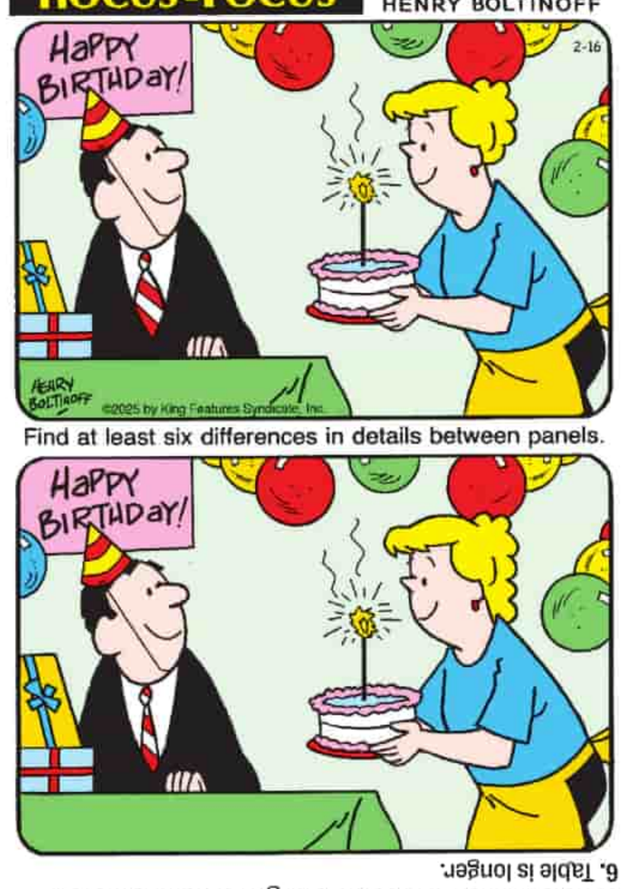
1 4 4 6

Hard = 23

2 2 5 7

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Hair is longer. 2. Balloon is moved. 3. Tie is thinner. 4. Present is larger. 5. Hand is moved. 6. Table is longer.

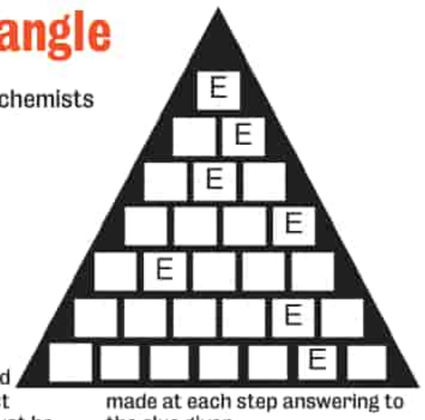
Riddler

When you behead a word, you remove the first letter and still have a valid word. You will be given clues for the two words, longer word first.

1. Moral weakness -> Frozen water
2. Personal guarantee -> Expression of pain
3. Making a promise -> Due for payment
4. Boast; self-praise -> Female relative

Alpha triangle

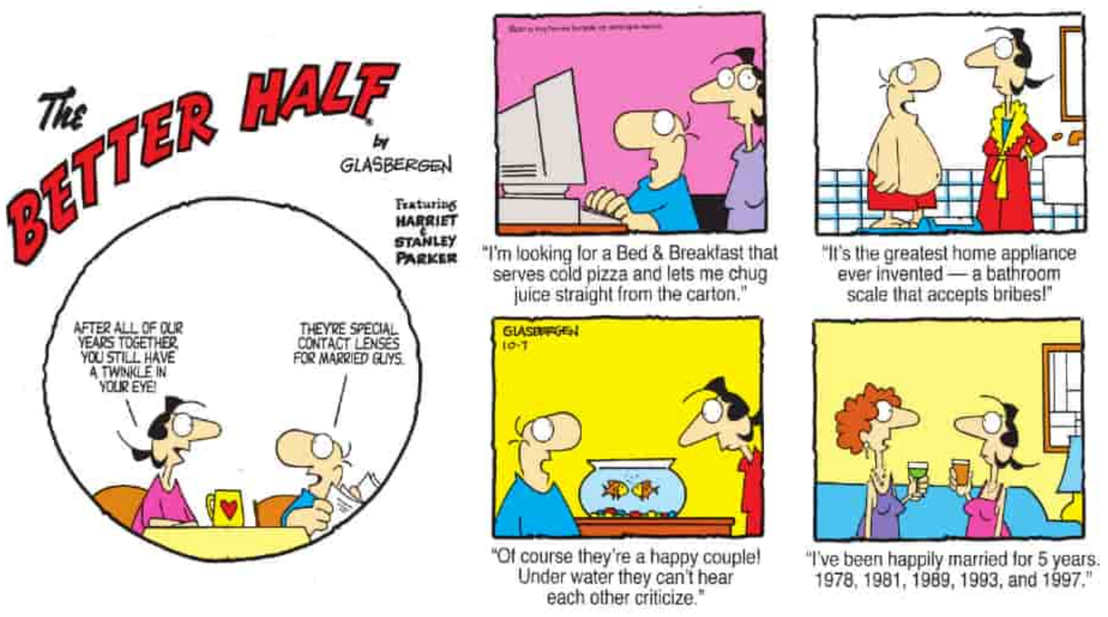
1 Second vowel
2 Selenium for the chemists
3 Watery expanse
4 Store event
5 Arrangements
6 Endured
7 Fastened



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
AFTER ALL OF OUR YEARS TOGETHER, YOU STILL HAVE A TWINKLE IN YOUR EYE!
THEY'RE SPECIAL CONTACT LENSES FOR MARRIED GUYS.
"I'm looking for a Bed & Breakfast that serves cold pizza and lets me chug juice straight from the carton."
"It's the greatest home appliance ever invented — a bathroom scale that accepts bribes!"
"Of course they're a happy couple! Under water they can't hear each other criticize."
"I've been happily married for 5 years. 1978, 1981, 1989, 1993, and 1997."

WHO WANTS TO HELP TAKE THE CHRISTMAS TREE DOWN AND PUT THE LIGHTS AND ORNAMENTS AWAY?
POOF!
POOF!
POOF!
POOF?
TOO LATE. YOU'RE ENLISTED.

FLASH GORDON
DALE ARDEN
BY JIM KEEFE
AS DALE AND ZARKOV ARE PLACED UNDER ARREST...
...NO ONE NOTICES A SMALL DEVICE PALMED BY DALE AS THEY ARE LED AWAY.
HOW CAN BARIN POSSIBLY BELIEVE WE'RE THE SMUGGLERS?
WHATEVER THE REASON, IT'LL BE HARD PROVING OUR INNOCENCE FROM A CELL.
ZASK
I COULDN'T AGREE MORE!
THIS WILL NOT IMPROVE OUR STANDING WITH KING BARIN!
TRY TO FIND PROVISIONS. I'LL MEET YOU AT THE OUTSIDE GATE.
WHERE ARE YOU GOING!?
TO FIND FLASH!
KEEFE 6-18 BILTER
NEXT: BACK FROM THE DEAD!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, positivity and control return to your day. Your professional network may offer valuable support at work, and this is a favourable time to consider overseas travel. Domestic harmony and romantic life are likely to improve. Your creativity might inspire you to purchase decorative or artistic items for your home. A movie outing or a get-together with friends or family is also likely.

Taurus Apr 21 – May 20
Fatigue from overwork may leave you feeling sluggish and unfocused. Patience is key. If you're planning an adventure trip, it's better to postpone it. Previous investments may not yield expected returns. Students are encouraged to increase their efforts. Be cautious about your health—issues related to the back, nervous system, liver, or skin could surface.

Gemini May 21 – Jun 21
Creative energy may guide your day, possibly inspiring plans to renovate your home or workspace, which can boost your social image. Domestic life looks peaceful, and harmony with your spouse may improve. Disputes with friends, colleagues, or partners could get resolved. You may receive positive news regarding legal matters.

Cancer Jun 22 – July 23
Your creativity peaks today, possibly leading you to attend a cultural or artistic event. Stalled finances may start flowing again. Job seekers should focus on upskilling. Students are advised to intensify their academic efforts to achieve better results.

Leo Jul 24 – Aug 23
You may be deeply involved in your children's academic future, possibly planning their higher education. Couples could receive good news related to children. You might consider pursuing further education to enhance your career. Singles could meet someone new and promising today.

Virgo Aug 24 – Sep 23
You might feel disconnected and burdened with responsibilities. Financial investments are risky today—read all documents carefully before signing. An elder's health may cause concern. While you might feel inclined to renovate your home, it's advisable to delay such plans for now.

Libra Sep 24 – Oct 22
Helping others could improve your social standing. You're likely to be highly productive and may complete tasks ahead of time. Positive news from a sibling could lift your spirits. However, an excessive workload may cause fatigue. Avoid stress—consider meditation or fasting for mental clarity.

Scorpio Oct 23 – Nov 22
Social engagements and family gatherings may keep you occupied. A polite and approachable demeanor will enhance your reputation among friends and relatives. Spending on decorative items may uplift your social status. Good news from a close family member is likely.

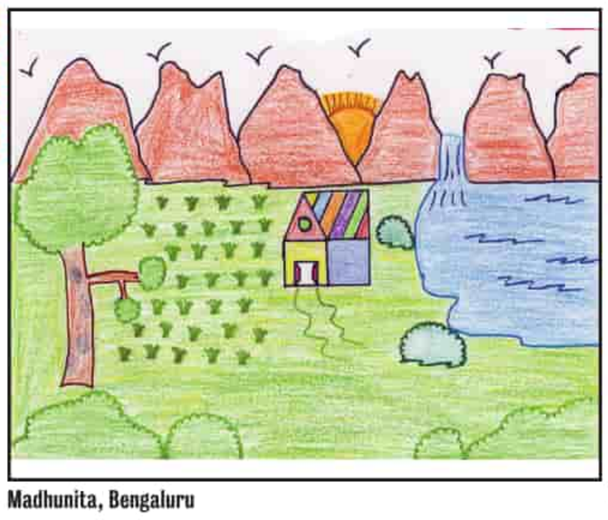
Sagittarius Nov 23 – Dec 22
Sibling disputes may be resolved, strengthening family bonds. Your high energy levels will help you complete challenging tasks efficiently. A short business trip may expand your network. Helping someone in need can boost your social image.

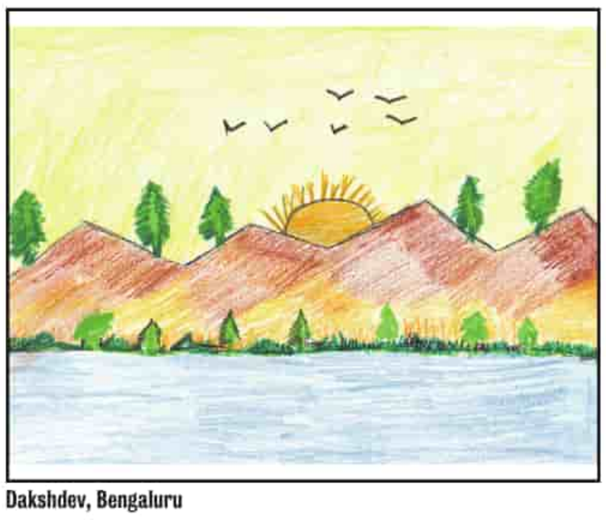
Capricorn Dec 23 – Jan 20
A sense of dissatisfaction may lead to laziness and delay your work progress. It's not a good day for making important decisions in romantic relationships. Job seekers might face setbacks. Avoid wasting time on unproductive activities and stay focused.

Aquarius Jan 21 – Feb 19
Mental fog or confusion may cloud your focus. Avoid impulsive decisions based on unrealistic expectations. Frustration could build due to impatience. Stay cautious—avoid risky behaviour and reckless driving. However, financial gains may come by afternoon, possibly through new clients or business opportunities.

Pisces Feb 20 – Mar 20
Increased self-awareness can help you overcome personal weaknesses and build confidence. This could be a good day to break free from addictions or bad habits. Singles may meet someone promising, and romantic relationships may gain clarity. Opportunities for overseas travel or academic success may also arise.

KIDZONE


Madhunita, Bengaluru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Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= (5(4√2-8) / 10) – (2(10√2-20) / 10)
= ((20√2-40) – ((20√2+40)) / 10
= 0 / 10 = 0

QUOTE UNCODE
O, what a tangled web we weave when first we practise to deceive!

FAST FIVE
1. Vice -> Ice,
2. Vouch -> Ouch,
3. Vowing -> Owing
& 4. Vaunt -> Aunt

A	T	A	R	S
S	A	L	A	H
A	T	O	N	E
N	O	N	C	E
A	U	G	H	T

STRIKE OUT

Q	U	I	L	T	■	C	L	A	M	P
U	■	F	L	O	A	T	E	D	■	I
I	■	F	L	O	A	T	E	D	■	O
E	U	■	R	A	E	■	C	■	■	E
R	I	O	T	E	R	■	A	C	I	D
T	O	■	N	Y	A	L	A	M	■	E
A	T	T	A	■	X	■	M	I	M	A
R	E	F	I	T	■	L	■	K	I	D
I	■	N	■	T	E	E	■	I	■	T
E	N	I	G	M	A	■	O	G	I	V
S	L	E	B	A	N	O	N	■	A	■
T	■	E	L	L	■	S	O	T	■	R
S	■	L	E	■	■	■	■	■	■	■

QUICK

T	O	M	E	■	I	M	M	E	R	S
H	■	O	■	■	■	K	■	■	E	■
G	O	D	A	V	A	R	I	■	A	D
I	■	E	■	S	■	R	■	■	E	■
S	L	E	P	T	■	S	P	U	T	N
■	■	R	■	O	■	■	R	■	■	■
B	E	F	O	G	S	■	T	U	N	N
R	■	■	■	I	■	■	■	A	■	O
E	N	O	B	L	E	■	N	O	S	E
V	■	E	■	A	■	O	■	K	■	L
O	R	Y	X	■	V	E	R	T	I	C
R	■	O	■	I	■	U	■	A	■	A
P	E	D	I	G	R	E	E	■	A	J

MENSA PUZZLE
8. Start at the top, and move diagonally down and to the right. Letters advance through the alphabet in steps of 5 then 8. Continue this pattern, starting with the next circle down on the left etc.

BULL'S EYE
JOYLESS, less, lose, sole

SUDOKU

6	9	5	2	1	7	3	4	8
7	3	4	9	8	6	5	1	2
2	1	8	4	3	5	6	7	9
4	7	2	5	6	9	1	8	3
1	6	9	8	4	3	7	2	5
8	5	3	1	7	2	9	6	4
9	8	7	6	5	4	2	3	1
5	4	6	3	2	1	8	9	7
3	2	1	7	9	8	4	5	6

ALPHA TRIANGLE
E, Se, Sea, Sale, Deals, Lasted, Stapled.

GO FIGURE
Easy
3 + 2 + 5 – 5 = 5
Medium
4 x 4 + 6 – 1 = 21
Hard
2 + 2 x 7 – 5 = 23

LOOP

KAKURO

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	Features	+25 VENUE SX(O)	VS	-20 BREZZA ZXi+	-16 NEXON FEARLESS + S
V	Vibrant Design	Dark chrome front grille		👍	👍	👎
		Chrome finish outside door handles		👍	👎	👎
		Ambient lighting		👍	👍	👎
E	Exceptional comfort & Convenience	Electrically adjustable driver seat - 4 Way		👍	👎	👎
		2-step rear reclining seat		👍	👎	👎
		Power Windows - Driver side auto up-down with safety		👍	👎	👎
		Puddle lamps		👍	👎	👍
		Auto healthy air purifier		👍	👎	👍
		Front map lamps		👍	👍	👎
		Leather wrapped gear knob		👍	👎	👎
		Lane change indicator		👍	👎	👎
N	Next level technology & Connectivity	60+ Bluelink features		👍	👍	👎
		Sounds of nature		👍	👎	👎
		Home to car (H2C) with Alexa & Google Voice Assistant		👍	👎	👎
		Firmware Over-the-Air (FOTA) update		👍	👎	👍
U	Uncompromised Safety	Cornering lamps		👍	👎	👎
		Telematics switches (SOS, RSA & Bluelink)		👍	👎	👎
		Automatic headlamps with escort function		👍	👎	👍
		Tyre pressure monitoring system (Highline)		👍	👎	👍
		Impact sensing auto door unlock		👍	👍	👎
		Level 1 ADAS		👍	👎	👎
E	Exciting Performance	Diesel Engine Advantage		👍	👎	👍
		7-Speed DCT		👍	👎	👍
		Paddle shifters		👍	👎	👍
		Drive mode select (normal, eco, sport)		👍	👎	👍

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